

WISEWOMAN Cardiovascular Research Program...

... located at the Stephenson County Health Department, 10 West Linden Street in Freeport, is for low-income, uninsured, underinsured, or high-deductible women between the ages of 40 and 64.

Participants must be enrolled in IBCCP, and must make a three-year commitment.

All participants receive total lipid profiles with glucose, interview assessments, and incentives.

Some participants will receive a 12-week nutrition/physical fitness class.

For more information or to make an appointment, call Connie Raisbeck at 815/599-8432 or toll-free at 1-866-590-8499.